



Weight management support

Download the NHS weight loss guide - a free 12 week diet and exercise plan

It's available as:

- an app on the App Store and Google Play
- printable PDFs

The plan, which has been downloaded more than 7 million times, is designed to help you lose weight safely - and keep it off.

www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/

Kickstart your health

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support.

Search for the Better Health app.

www.nhs.uk/better-health/

If you live in Plymouth

Maintaining a healthy weight is one of the ways to support our overall health and wellbeing, but it doesn't always feel easy.

Livewell Southwest has a team of specialists who provide free advice and support to local people about how to improve their diet and achieve a healthy weight for them.

www.livewellsouthwest.co.uk/weight-management

Tel: 01752 434623 or email: livewell.weightmanagement@nhs.net

Additional support for managing obesity

- HOOP UK
- Obesity Health Alliance
- British Obesity Society
- Overeaters Anonymous
- Weight Concern
- British Nutrition Foundation



Contact us

www.wellbeingatworksouthwest.co.uk

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